

TAKING CHARGE AT SOUTH BAY MENTAL HEALTH

By Kathleen Piché, L.C.S.W., Public Affairs Director



Approximately thirty clients graduated from *Taking Charge*, a course in solid stress management and practical life-enhancement skills, held at South Bay Mental Health (SBMH) on Tuesday, August 19, 2014. Facilitated by Bob Dey of Recovery Inc. and hosted by Gary Gougis, Deanna King and Natasha Lewis-Mouton, the eight-week course teaches practical, effective techniques for mental fitness. *Taking Charge* is a challenging, interactive class that encourages attendees to take back their self-esteem, power and “the self” using the book by Rose Van Sickle entitled *Peace of Body, Peace of Mind*.

Bob has been facilitating the class since 2004 and has seen the number of graduating members climb. Gary makes sure the attendance remains high by contacting members before each class and welcoming them when they arrive.

“The class provides students with tools to reduce the angry and fearful temper,” Gary said. “It’s about how we function, not about how we feel.”

Training Coordinator Luis Escalante was on hand with certificates and congratulations. “The class is compatible with Cognitive Behavioral techniques,” Luis said, in support of the program.

The graduates were all smiles as they claimed their certificates and enjoyed a cake after the ceremony.